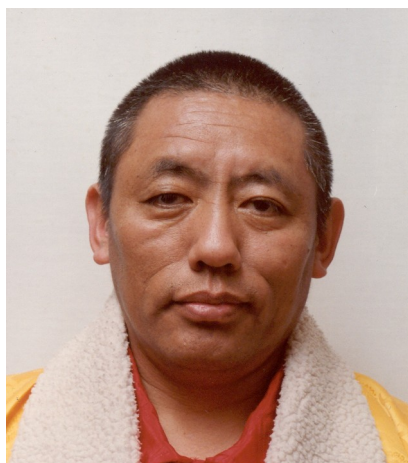


Lama Karma Samten



Canberra Visit



September 21-23

Venerable Lama Karma Samten Gyatso is a monk of the Karma Kagyu Lineage of Tibetan Buddhism. At 21, he was fully ordained by the very Venerable Kalu Rinpoche. In 1980, after completing 9 years of solitary retreat, His Holiness 16th Gyalwa Karmapa, asked Lama Samten to represent him in New Zealand, and to be a resident teacher at Karma Kagyu Thigsum Chokhorling Tibetan Buddhist Monastery at Kaukapakapa, near Auckland. Lama Samten travels and teaches extensively in New Zealand, Australia, the Asia Pacific region and Europe.

Public Talk

"Health and Environment"

**Friday 21
September
8 pm \$10**

Health is a matter of balance involving the mind, the emotions, the physical body and the environment. Venerable Lama Samten will explain how to maintain or restore this balance according to the Four Tantras of Medicine.

Weekend Teaching

"Mahamudra & Lineage"



**Sat - Sun, 22 - 23
Sept
10 am - 4 pm \$80**

Mahamudra is a meditation system concerned with the direct realisation of the clear yet cognizant nature of mind. This meditation system and realisation has been transmitted through an unbroken lineage of practitioners, from Buddha to

present day lineage holders and students.

Venue

Rigpa Canberra, 40 Mort Street, Braddon - above
Cornucopia Bakery
(Bring a cushion)

Information

Janie: (02) **6248 9363** out of hours
Luiz: (02) **6217 0539** week-days